

WORKOUT AT HOME

Broom Stretch Workout



This week's goal: Do each exercise in sequence in this Broom Stretch Workout on any 3 non-consecutive days, this can be done in place of your regular stretching routine on its own or after a tough workout. Add a daily 20-30 minute brisk walk for cardio. Go to this link to follow along with the workout video: [BROOM STRETCH](#)

Check off your daily progress below: **W** = Workout **C** = Cardio **S** = Stretch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/> W <input type="checkbox"/> C <input type="checkbox"/> S	<input type="checkbox"/> W <input type="checkbox"/> C <input type="checkbox"/> S	<input type="checkbox"/> W <input type="checkbox"/> C <input type="checkbox"/> S	<input type="checkbox"/> W <input type="checkbox"/> C <input type="checkbox"/> S	<input type="checkbox"/> W <input type="checkbox"/> C <input type="checkbox"/> S	<input type="checkbox"/> W <input type="checkbox"/> C <input type="checkbox"/> S	Rest day

As with any exercise program, there is always the possibility of injury. Consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in an exercise program. If you need modifications for any exercise, please consult your WELCOAZ Health Coach.

By participating in this workout, you agree that you are exercising on your own time and do not hold WELCOAZ or your employer responsible.

Warm Up: 30 second intervals for 2 rounds.

1. Butt Kickers



Stand up tall with your shoulders rolled back. Bend your right knee, lifting your heel up toward the glutes. Lower the right heel and immediately repeat the action on the left side. It will result in a gentle bouncing motion.

Modified: Eliminate the bounce by lowering one foot completely before raising the other one.

Higher Intensity: Turn this exercise into more of a jog in place while staying on the balls of your feet. Do this by increasing the speed at which you switch feet.

2. Mountain Climbers



Begin in plank position with shoulders above wrists, core engaged. Bend your right knee and bring it up toward the chest, underneath the body. In one smooth motion, switch your legs, keeping your arms in the same position. Continue switching legs.

Modified: Bring your foot back to plank position completely before bringing the other knee up, to eliminate the bounce.

Higher Intensity: Increase the speed, almost like running in plank position.

3. Leg Swings



Begin standing with your right arm straight out in front of you at shoulder level. Moving from the hip, swing your left leg up toward the right hand. Lower the leg back down to skim the floor before immediately swinging it back up to meet the right hand. Do this for 30 seconds. Switch to the left arm and right leg for the second round.

Move on to the Main Workout.

Note: you can use everyday household items for this workout! Try using a stick, a broom, a mop, a dowel, hiking pole – anything you have that is rigid will work. Many, but not all, of the stretches can also be done using a resistance band.

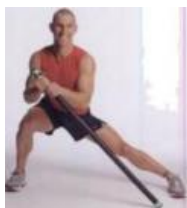
Main Workout: Do each exercise for 35 seconds, for 3 rounds.

1. Forward Lunge



Begin in a lunge position with the right knee bent back behind you at 90°, toes untucked. The left leg will be bent at 90° in front of you, as if you are proposing. Hold your broom stick beside your left big toe, holding it toward the top. Push your right hip forward until you feel a good stretch in that hip and quadriceps. Hold for 35 seconds on this side, then 35 seconds on the other side.
Higher intensity: move the left foot and broom stick forward a few inches, increasing the tension on the back upper thigh.

2. Lateral Lunge



Stand up and spread your feet wider than hip-width apart. Hold the broom stick straight up in the middle of the body with the bottom resting on the floor, far enough from the body that the arms can straighten. Sink into a side lunge by pushing the hips back and bending the right leg while the left stays straight. Keep the chest and shoulders up. Hold this for 35 seconds, then switch sides.

3. Overhead Lat Stretch



Lie on the back with core engaged, both knees bent, feet flat on the floor. Keeping the arms straight, hold the broom stick at thigh level. Slowly raise the bar up over the stomach, then chest, then head, continue going back as far as you can without letting the arms bend or the low back lift off of the floor. If this means you stop above your head, that is okay! Once you hit the point that you feel a good stretch down your back and rear deltoids, slowly move the bar back over the head, then chest, then stomach, to the starting position in front of the upper thigh. Repeat in slow motion for 35 seconds.

4. Low Back Release



Stand with feet shoulder-width apart, broom stick in hand vertically. Bend at the hips, pushing the hips backward and dropping the chest toward the floor to create a 90° angle with the upper and lower body. Keep the back straight. You will have to move the broom stick at this point, until it is far enough in front of you that the arms can straighten completely. The broom stick should be resting on the floor. Let the chest sink toward the floor, releasing the lower back tension. Hold for 35 seconds.

5. Shoulder Rotation



From standing with feet hip-width apart, hold the broom stick horizontally with your hands as far apart as you can get them (note: the farther apart the hands are, the easier it is to execute the stretch). Hold the stick in front of the body, in front of the thighs. Gently raise the stick up overhead, for some people this is the stopping point. If able, continue to raise the stick behind the head until it reaches the glutes. This is a natural shoulder rotation if done gently and within your physical abilities. Gently move the stick back over the head to the front of the thighs. Repeat for 35 seconds.

6. Goodmornings



Stand with feet shoulder-width apart, broom stick resting across the meaty part of the rear deltoids (backs of shoulders). Stand upright, brace your core and pull your shoulders back. Take a breath and hinge forward from your hips, allowing a slight bend in your knees but keeping your back flat. Lean forward until you feel a slight stretch in your hamstrings (but don't go beyond horizontal). As you exhale, reverse the move to stand up straight. Repeat slowly for 35 seconds.

Not feeling worked out? Repeat these exercises as a circuit one more time. Move on to the Cool Down & Mobility.

Cool Down & Mobility – Do each exercise for 30 seconds, 2 rounds.

1. Wrist Mobility



Hold your arm straight out so your elbow isn't bent and your palm faces up. Use your other hand to hold the fingers of your outstretched hand and bend it back toward your body until you can feel it in your inner forearm.

2. Ankle Mobility



Lie on your back with the left knee bent, foot on the floor about a foot away from the glutes. Raise your right leg up to a 45° angle. Rotate the foot clockwise by rolling the ankle in a circular motion. Do this for 15 seconds, then switch directions. In the second round, do 15 seconds in each direction on the left foot.

Note: can do from standing or seated position.

3. Neck Mobility



Start by standing up tall with your shoulders back and relaxed. Slowly tilt your head to the left side to bring your left ear toward your left shoulder. Make sure you do not shrug your shoulders up toward the ears. From here slowly roll your head clockwise down the front of your body and make your way toward the right shoulder. Once you are there, return by rolling your head forward back up to the left shoulder. Repeat.

Go to this link to follow along with the workout video: [BROOM STRETCH](#)

Wellness Council of Arizona | (520) 293-3369 | contact@welcoaz.org

